

- GET READY FOR- *BIKE TO WORK DAY* May 19, 2017



NOAA Bike Team

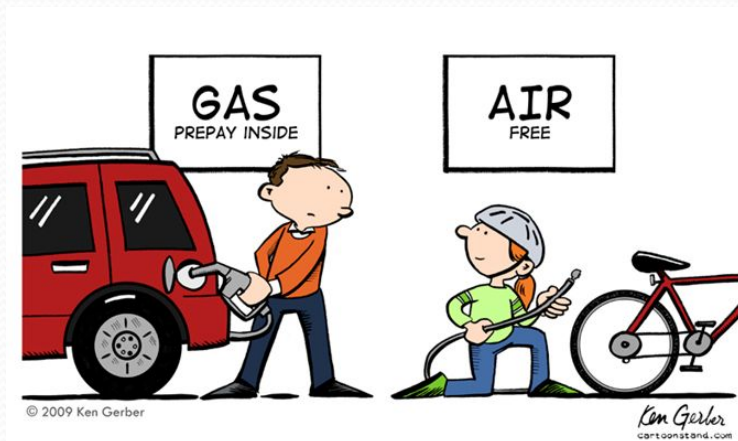
OBJECTIVE

- Explain the benefits for riding your bicycle to work
- List what you need for your ride
- Describe what to do when you arrive at NOAA



WHY RIDE YOUR BIKE TO WORK?

- Can be faster than walking, transit or motor vehicles
- Saves money: save on the cost of gas, insurance, maintenance, parking, etc.
- Cheaper parking!



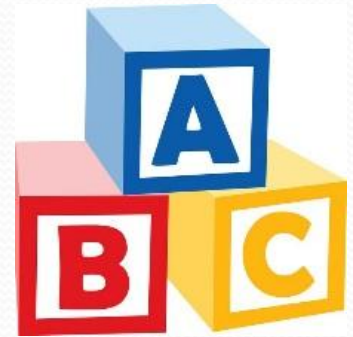
WHY RIDE YOUR BIKE TO WORK?

- It's fun and can make you happy!
 - *Is your commute fun??*
- Great low impact exercise for your body
 - Burn as many calories as jogging without the impact!
- Low impact on the environment



WHAT DO YOU NEED?

- A working bike!
- Remember “A-B-C Quick Check”
 - A is for Air – in your tires
 - B is for Brakes – make sure they are working
 - C is for Chain – clean and lubed
 - Quick Check is for your quick releases on wheels and seat – make sure they’re tight



RULES OF THE ROAD

On the Road

- Obey traffic signs, signals, and other traffic devices
- Ride same direction as motor vehicles, near to the right side of the roadway as practicable
 - Take the lane when needed
- Use standard arm signals to alert others of lane changes and turns
- Stop for school buses when flashing
- Yield to pedestrians



RULES OF THE ROAD

On the Bike

- Wear a helmet (required for those under 16 y.o.)
- Equip your bike:
 - Front and rear lamps and reflectors (or rear red light)
 - Required when insufficient light or inclement weather.
 - Brakes
 - A bell or horn (allowed in MD, not required)



WHAT TO BRING

- Wear reflective clothing or bright colors (better to be seen)
- Ride in your work clothes if you live close enough
- Carry a change of clothes
 - Backpack
 - Panniers on a rear rack
- Bring a good lock
- Find what works best for you and your ride!



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TEST YOUR RIDE

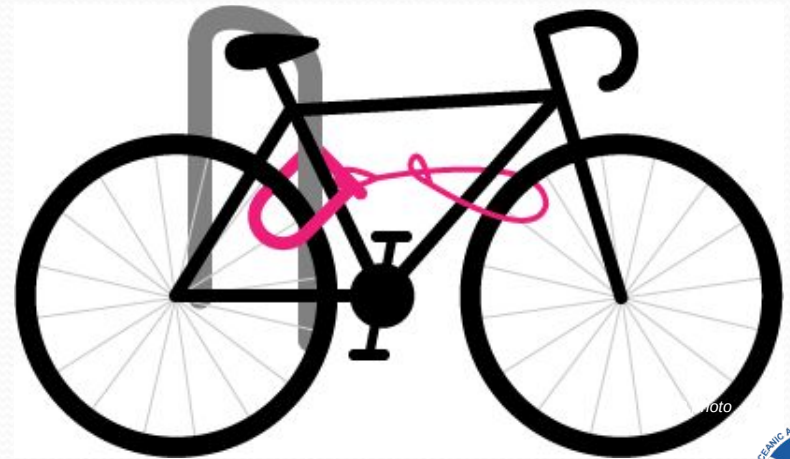
- Not sure of your route?
 - Try it this weekend, when traffic is light and you are not so pressed for time.



NOW WHAT?

You got here, now where do you go?

- Parking your bike:
 - SSMC1 - garage bike racks.
 - A valid SSMC Federal ID required.
 - SSMC3 – G2 lockers (assigned) and M1 and PL bike racks.
- Locking your bike:
 - Primary: U-lock
 - Secondary: Cable lock



NOW WHAT?

You got here, now where do you go?

- Cleaning up:
 - SSMC1 – Runner's locker room
 - SSMC3 – NOAA Fitness Center
 - Membership required
 - Free access for bike commuters
 - On Bike to Work Day (May 19)
 - Initiation fee waived



REVIEW

- Benefits
 - Exercise
 - Cheaper parking
 - Low impact
 - Fun!
- Needs
 - A bike & helmet
 - A lock
 - Bag or pack
- Upon arrival at NOAA
 - Parking/lock your bike!



CONGRATULATIONS! Now go ride!



Register at: <http://www.biketoworkmetrodc.org/>

Join us: Friday, May 19th

SSMC3, Room 1311-b, 8:30-9:30 a.m.

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